

JULY 2012 FREDERICK SENIOR CENTER ACTIVITIES

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
2 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class 2:30-Book Club *4:30-Zumba Gold*	3 10:00-Blood Pressure 11:00-Strength Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	4 <p style="text-align: center;"><u>CLOSED</u></p>	5 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30-“ <u>Who Gets Grandma’s Pie Plate</u> ” 1:00-Bookmobile 1:30-Knitting	6 9:30-Strength Training 12:30-Canasta
9 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class *4:30-Zumba Gold*	10 11:00-Strength Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	11 9:00-Strength Training 11:00-M&M Exercise 12:30- <u>Blotter Bingo</u> 12:30-Bridge/Pinochle 12:30-Zumba Gold	12 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30- <u>Music by Evelyn & Charles Summers</u>	13 9:30-Strength Training 12:30-Canasta 12:30-Zumba Gold*
16 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class *4:30-Zumba Gold*	17 11:00-Strength Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	18 9:00-Strength Training 10:15-Computer Dis. Group 11:00-M&M Exercise 12:30- <u>A Time To Talk/Edi</u> 12:30-Bridge /Pinochle 12:30-Zumba Gold*	19 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30- “ <u>How Long Can I Expect To Live</u> ”/Steve 1:00-Bookmobile 1:30-Knitting	20 9:30-Strength Training. 12:30- Canasta 12:30-Zumba Gold*
23/30 9:30- Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class *4:30-Zumba Gold*	24/31 11:00- Strength Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	25 9:00- Strength Training 11:00-M&M Exercise 12:30- <u>Frederick Police-Victim Services Unit</u> 12:30-Bridge/Pinochle	26 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30- <u>Mt. Olivet Cemetery Preplanning Burial Needs</u>	27 9:30-Strength Training 12:30-Canasta

FREDERICK SENIOR CENTER-1440 TANEY AVE., FREDERICK, MD. 21702--301-600-1605
 LINDA MCGINNES-COORDINATOR 301-600-3525 www.FREDERICKCOUNTYMD.GOV/DOA
 MEAL RESERVATIONS--DEB AYERS--301-600-1048--48 HOURS IN ADVANCE
 HOURS--M-F-8:30-4:00